

Classroom Connections

Think About Your Drink (4th - 6th)

Before teaching, please review the background information

Key Concepts

Nutrition Concepts

- Health implications of drinking too much soda
- The amount of sugar in soda

Math Concepts

- Multiplication and division

Standards

- Reading: Speak & Listen: 1
- Math: 4.OA.2

Materials

- One empty 20 oz bottle of sugar (not diet) soda
- Think About Your Drink Handout

Time

20 minutes

Lesson Overview

- 1) Briefly discuss with students why sugary drinks are not the best drink choice. Then discuss how much sugar is in soda.
- 2) Hand out worksheet to students.
- 3) Review and explain the answers to the worksheet.

Key Objectives

1. Identify the health implications of drinking too much soda
2. Determine the amount of sugar in soda drinks through a multiplication and division activity

Preactivity Discussion

Start the lesson with the following conversation with the students:

What do you drink when you're thirsty? Water would be the best choice. Your body needs lots of water everyday to keep running smoothly, and water is a good thirst quencher. But for most people, water isn't what they choose to satisfy their thirst and to hydrate their bodies, instead, they end up drinking soda or sugary drinks.

We'll look at the average amount of sugar in soda consumed in one year. First, let's talk about drinks like Coke, Pepsi, Sprite, Mountain Dew, Tropical Fantasy, Gingerale etc. (*Refer to label on soda bottle*) Does soda have any natural nutrients or vitamins?

Drinking soda does not benefit our bodies. It contains added sugar, artificial flavors and colors. It promotes tooth decay and the energy that soda provides isn't the long lasting energy that you need to do well in school and be healthy. Right after you drink soda, you get a quick jolt of energy because of the sugar that's in it. But, then your body rushes to break down the sugar and you feel sluggish and tired quickly after.

But many people drink soda anyway. If sodas don't do anything good for our bodies, why do we drink them? Because they are very easy to get and they have a sweet taste that many of us have learned to love.

Does anyone know how many teaspoons of sugar are in one bottle of soda? It varies depending on the type of soda, but there are about 18 teaspoons of sugar in a 20 oz bottle. The label on the soda bottle tells us the amount of sugar in grams not in teaspoons, so let's use our math skills to find out the amount of sugar we consume in one year.

Classroom Connections

Think About Your Drink (4th - 6th)

Before teaching, please review the background information

Activity

- Students will use their math skills to calculate the amount of sugar consumed in one year from an average person's soda consumption.
- Distribute the Think About Your Drink handout. Let the students work through the questions on their own and then go through each step as a class to determine how much sugar they are consuming.

Review

- Water is the best drink choice.
- Drinking soda can lead to cavities.
- Soda doesn't provide the best energy to be healthy and do well in school.

Adaptations

- Translate key words: water, soda, and sugar.
- Use flashcards provided for Activity 2 "Sometimes" vs. "Everyday" Beverages (K-2) during the Pre-activity Discussion if you find that pictures will be helpful.

Assessment:

Creating a drawing representing the pounds of sugar from soda alone. 1 20-ounce bottle = ~18 grams of sugar.

Classroom Connections

Think About Your Drink

Name: _____

Date: _____

Fun Fact:

Can you guess the number of pounds of sugar an average American consumes from soda in one year? _____ pounds of sugar. Check the answer below to see if you guess it right!

How many pounds of sugar do you consume from the sodas you drink?

1. Write the number of 20-ounce bottles of soda you drink in one week. _____

2. Multiply that number by 18, the number of teaspoons of sugar in one 20 oz bottle of soda.

_____ Number of sodas in one week x 18 teaspoons sugar = _____ Total number of teaspoons of sugar in one week

3. Multiply your TOTAL number by 52 to find out how many teaspoons of sugar you eat in one year.

_____ Total number of teaspoons of sugar in one week x 52 = _____ Number of teaspoons of sugar in one year.

4. Divide that number by 108 to find out how many pounds of sugar you eat in one year from soda (108 teaspoons of sugar = 1 pound).

_____ Number of teaspoons of sugar in one year \div 108 = _____ Pounds of sugar consumed in one year from soda.

Answer: Each American eats about 125 pounds of sugar each year from soda along! **Yikes!** That's a lot of sugar and a lot of cavities. Remember, you also eat many other foods which contain sugar.

